



Be Well. Care Well.

Be Well Bulletin

Find Your Balance

August is National Wellness Month, making it the perfect time to pause, reset, and prepare for the busy back to school season. As you organize classrooms, create lesson plans, and welcome children, don't forget to care for the most important person in the room. YOU!

Finding balance doesn't mean every day will be perfect. It means checking in with yourself, protecting your peace, celebrating small wins, and creating healthy work habits that support your emotional and occupational well-being.

This month, challenge yourself to take one small step each day toward feeling more balanced. Small moments of self-care and reflection can help you recharge, build resilience, and continue making a difference in the lives of the children and families you serve.

AUGUST WELL-BEING CHALLENGE

Choose one healthy habit to practice consistently this month. Whether it's taking three deep breaths, setting a boundary, or drinking more water consistency is what creates balance.

Pause & Reflect

What Helps You Feel
Most Balanced?



Did You Know?

Celebrating small wins can help you feel more balanced, reduce stress, and build resilience.

Interested In A Well-Being Training?



Whether your team wants to strengthen emotional well-being, manage stress, build resilience, or create healthier workplace habits, we offer engaging trainings designed specifically for YOU!

**Reach out to your Well-Being Coach
to schedule your next training!**



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